

4th FW

“MY PASSPORT TO RESILIENCE”

APPROVED CLASSES

MENTAL HEALTH – 722-1883

- ***Healthy Thinking***: decrease alarming or negative thinking patterns which can lead to chronic feelings of worry, sadness and anger.

FAMILY ADVOCACY – 722-1878

- ***Couples Communication***: Prevention and Relationship Enhancement Program (PREP) presents strategies and techniques to promote effective relationship skills.
- ***Successful Relationships Workshop***: a workshop designed to learn what it takes to have a successful relationship.
- ***How to Avoid Marrying a Jerk/Jerkette***: develop a deeper understanding of yourself, the people you date, and the mysterious connections which create the thing we call “love.” This class will empower you to build healthier relationships and know what to explore in the exciting journey of picking a partner.
- ***Stress/Anger Group***: learn how to deal with stress and anger before it causes problems with your family and work.
- ***Laugh Class***: enjoyable, enlightening; laugh away your stress while improving your coping skills.
- ***1-2-3 Magic Parenting Skills***: learn the two biggest parenting mistakes, control obnoxious behaviors and strengthen your relationship with your child.
- ***Calling All Dads***: this class is for dads and taught by dads. The training will provide dads a feeling of confidence while establishing a wingman system to assist a member/dad through any stressful situation.
- ***OB Class***: learn what the next months while your spouse is pregnant.
- ***Parenting the Newborn***: a series of two classes to learn how to deal with your new bundle of joy.

CHAPEL – 722-0315

- ***MarriageCare***: an Air Force wide program designed to enhance couples’ relationship and communication skills. Open to all married couples regardless of religious affiliation. We hold several retreats a year on weekends, usually at resort areas. Occasionally retreats are opened to mil to mil couples exclusively. Watch for advertisements and instructions on how to register.

- **Single's Retreats:** retreats for single Airmen focused upon spiritual resiliency are offered several times a year. Retreats are held off-site to encourage participation, provide a reflective atmosphere, and to offer an environment for both renewal and refreshment. The Chapel arranges for transportation; the retreats typically being on Friday evenings and conclude by noon on Sundays.
- **Random Acts of Chapel Kindness (RACK) Attacks:** when the Chapel selects your unit for a RACK attack ensure you attend and bring your "My Passport." There will be a brief spiritual resiliency event prior to the meal that is My Passport approved. The Chapel staff and volunteers will also be available throughout the meal to answer any questions you have about the briefing or programs.
- **Military Spouses Resiliency Program:** this program will be launched by May 16, 2014.

HEALTH AND WELLNESS CENTER (HAWC) – 722-0407

- **Nutrition 101:** this class provides information for lifestyle changes on weight loss, increased physical fitness and more.
- **Exercise 101:** provides information on exercise selection, program design, and tips/tricks on physical activity.
- **Brown Bag Lunch Class:** class setting where we discuss the topics covered in the monthly documentary.

AIRMAN & FAMILY READINESS CENTER (A&FRC) – 722-1123

- **Bundles for Babies:** an Air Force Aid Society (AFAS) Program designed to provide expectant parents with quality information and resources to prepare for the new arrival. Topics include financial expectations, New Parent Support Program, car seat safety, parenting, and health/wellness and much more. Open to all ranks of active duty members; there is no requirement that participants be first-time parents.
- **Five Love Languages/Four Lenses:** this workshop can be utilized to enhance relationships by teaching couples to understand their partner's personality and communication style as well as their preferred way of expressing and receiving love.
- **Pre-Deployment Briefing:** mandatory for personnel deploying/TDY 30+ days or going on a remote assignment; assists members to ensure they are "ready" to deploy.
- **Reintegration Briefing:** mandatory for ALL Warriors returning from deployment; helping agencies prepare members to reintegrate into the work and family environments.
- **Smooth Move:** designed to help members and their families successfully navigate the relocation maze by minimizing stress, confusion, and hardships often associated with moving. The following agencies provide information during this informative two-hour class: Airman & Family Readiness Center, Housing, Military Pay, Lodging, Family Advocacy, Legal (Claims), and Financial Management.
- **e-Sponsorship Training:** mandatory for first-time sponsors and those who have not been a sponsor within the last year. Participants receive tips and strategies on how to be an effective sponsor for new arrivals.

- **Newcomers' Orientation**: mandatory briefing for all newcomers (family members may attend). Participants receive mandatory base (EEO, SARC, Safety, etc.) and local area information designed to help new arrivals thrive at Seymour Johnson AFB; various agencies provide additional resources and information the briefing's Information Fair.
- **Civilian Resume, Interview and Job Search Class**: learn how to develop an effective resume, conduct a job search and important tips on the interview process. Class is taught by a representative from Wayne Community College.
- **USAJobs Federal Resume Writing, Job Search and Interview Class**: learn how to navigate on the USAJOBS' website, interpret a job announcement and how to write a federal resume.
- **Career Readiness Certificate Testing**: the Career Readiness Certification (CRC) is an assessment-based credential that gives employers and career seekers a uniform measure of key workplace skills. The CRC can verify to employers that an individual has essential employability skills. Earn a Gold, Silver or Bronze certificate to put on your resume and add another tool to your toolbox for your job search. The assessment is FREE to active duty members and dependents when taken on the base.
- **Pre-Separation Counseling Briefing**: Congressionally-mandated 3.5-hour transition briefing for all DoD personnel who are separating or retiring; required at least 90 days before DOS.
- **Transition Assistance GPS Workshop**: Congressionally-mandated 5-day transition workshop for separating service members; attendees learn about job searches, career decision-making, current occupational and labor market conditions, resume and cover letter preparation, and interviewing techniques. Participants complete an interest assessment, a gap analysis, and a budget. VA benefits and entitlements are also covered.
- **Career Technical Training Track**: two-day class designed for separating service members to help them define technical career goals, identify required credentials, find career technical training opportunities, identify local veteran resources and understand how to utilize VA education benefits. Participants must complete the Core GPS program in order to attend.
- **Higher Education Training Track**: assists separating service members prepare for transition into civilian life as a full-time student. This two-day class focuses on identifying personal education goals, researching schools and means of financial assistance, and contacting and applying for admission to universities with goals of obtaining a degree.
- **Entrepreneurship Training Track**: a self-employment two-day program for separating service members that trains and empowers military personnel to become business owners. After completing Boots to Business, participants will have the tools and knowledge they need to identify a business opportunity, draft a business plan, and launch their enterprise.
- **FTAC Financial Readiness**: goal setting, budgeting, credit/debt management, banking/checking account management, and basic investing for first-term Airmen.
- **Improving Your Credit Score**: this workshop is designed to assist Airmen understand the importance of maintaining a good credit score, how to access their credit score, what makes up the credit score, and how to improve their credit score.
- **Ditching the Dorms - Moving Off-Base Budget Class**: this workshop is designed for Airmen moving out of the dorms. Airmen will learn how to develop a budget for their new living situation.

- **Think Like A Spy - Identity Theft Prevention Made Easy**: this workshop is designed to assist Airmen become proactive in protecting their personal identity. Workshop covers seven simple steps to decrease the likelihood of experiencing identity theft.
- **Understanding the “Car Buying Game”**: this workshop is designed for Airmen looking to purchase a vehicle, whether new or used.
- **Building Your Financial Freedom**: this workshop is designed to provide Airmen a general overview of personal financial management; topics covered include spend plans (budgets), financial goal setting, emergency savings, debt management, investing and much more.
- **Investing in Your Future-Thrift Savings Plan**: this workshop is designed to assist Airmen understand the importance of saving for retirement. Workshop will cover an overview of the Thrift Savings Plan, how to enroll, and investment options.
- **NCO Professional Enhancement**: overview of financial readiness for newly promoted NCOs.

OTHER WING SANCTIONED CLASSES

- **Storyteller Events**: Intimate venues where our fellow Wingmen share their journey through life’s hardships and how they were able to be resilient and grow from the experience.
- **Military Family Life Counselor (MFLC) classes**: Proactive healthy lifestyle seminars and classes offered by both the Adult MFLC and Youth MFLC service providers.